

During the Lockdown, it is normal to be experiencing Stress. Arguments may increase however, think about the impact this can have on children.

PAUSE IT

SAY IT

SORT IT



Sefton Promotes Positive Relationships.
For more information about where you can get help and support please visit www.seftondirectory.com or scan the QR-Code on your mobile:



Promoting Positive Relationships

Think...

the Stress of lockdown, kids arguing, feeling low in mood because of lockdown, money worries, lack of space, being together all of the time

Pause...

the argument, move away from the situation into another room, practice deep breathing exercises, try to see from the other person's point of view.

Resolve...

by resolving your arguments and arguing less, your children will be happier, worry less, be less anxious, sleep better.



Sefton CVS provides a wide range of support and services to Sefton's local voluntary, community and faith sector. Website: ww.seftoncvcs.org.uk



Sefton.gov.uk



[SeftonFamilyWellbeing](https://www.facebook.com/SeftonFamilyWellbeing)



[Sefton 'Sefton Council'](https://www.instagram.com/Sefton_Council)



Sefton Council



During the Lockdown, it is normal to be experiencing Stress. Arguments may increase however, think about the impact this can have on children.

PAUSE IT

SAY IT

SORT IT



Sefton Promotes Positive Relationships.
For more information about where you can get help and support please visit www.seftondirectory.com or scan the QR-Code on your mobile:



Promoting
Positive
Relationships

Think...

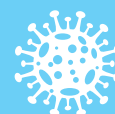
the Stress of lockdown, kids arguing, feeling low in mood because of lockdown, money worries, lack of space, being together all of the time

Pause...

the argument, move away from the situation into another room, practice deep breathing exercises, try to see from the other person's point of view.

Resolve...

by resolving your arguments and arguing less, your children will be happier, worry less, be less anxious, sleep better.



Sefton CVS provides a wide range of support and services to Sefton's local voluntary, community and faith sector. Website: www.seftoncvcs.org.uk



Sefton.gov.uk



[SeftonFamilyWellbeing](https://www.facebook.com/SeftonFamilyWellbeing)



[Sefton 'Sefton Council'](https://www.instagram.com/Sefton_Council)



Sefton Council

